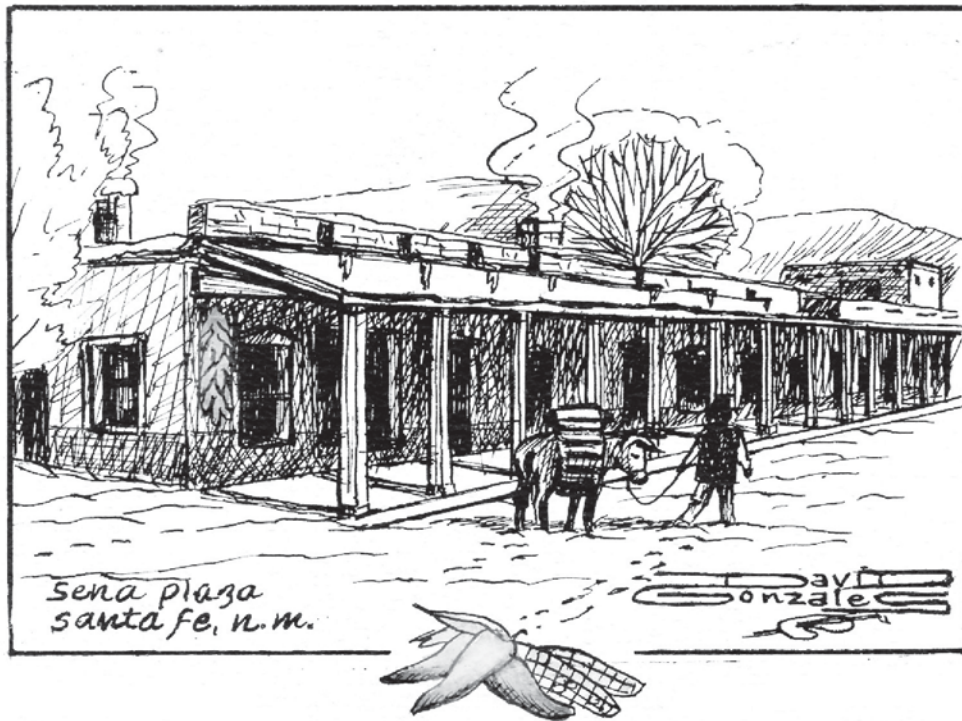


December 2004

The Senior Scene Vistas De Los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

Patricia Rodriguez, Director	955-4799
Ron Vialpondo, Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

Nutrition

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Physical Fitness

Vacant, Safe Kids/Safe Seniors	955-4754
--------------------------------	----------

Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO	455-2195
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	

PASATIEMPO (Rose Slade, Coordinator)	955-4755
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO	988-3053
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
SANTA CRUZ	753-8598
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	955-6731
1500 Pacheco St.	
Santa Fe, NM 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

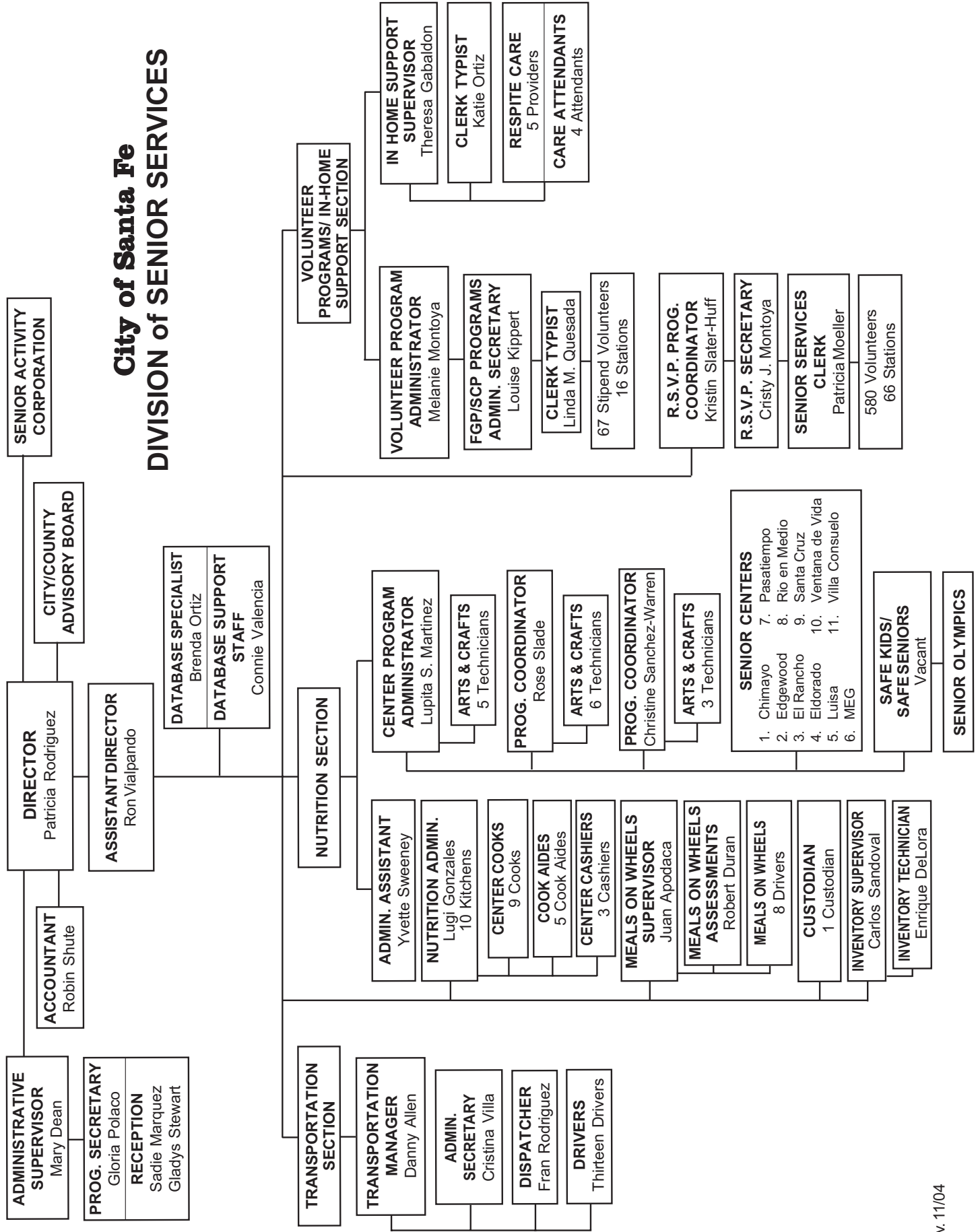
Dear Seniors,

We the staff at the Division of Senior Services wish you a safe, blessed, and happy holiday season!



City of Santa Fe

DIVISION of SENIOR SERVICES



NEWS & VIEWS

They will be missed....

Every day upon entering the MEG Senior Center, you were probably greeted by our “doorman” and Senior Companion **Fred Valdez**.



Although he lugged around his oxygen tank (his “girlfriend”) and leaned on the newspaper machine to catch his breath, he was always ready to wish you a good day and talk briefly about the weather.

Fred, age 71, passed away suddenly at his home in Santa Fe on Saturday, October 30, 2004. He is survived by wife Tita Valdez; daughters: Anna and Juanita; sons: Miguel, Fred Jr. and Marcus; 13 grandchildren; four great-grandchildren.

Fred was born in Mora but lived most of his life in Santa Fe. For the past eleven years he had volunteered as a Foster Grandparent and a Senior Companion for the Division of Senior Services.

We will all miss his great sense of humor, his knowledge and wisdom, and his presence at our Senior Center.

Praise Someone's Service

Don't you know a lot of people who do really amazing volunteer work? Please take a few minutes to praise their service.

Write up a paragraph or a little story about another senior whose service to the community is or has been an inspiration. Let us know what they did or what they do, and why it made a difference for someone else or for many people.

We will read some of the stories of praise (but not the name of the volunteer) at the annual volunteer holiday party at the Sweeney Center on December 8th.

Bring or send your story to the RSVP office, and please include your name and phone number, in case we have any questions. All stories must be in by December 6th.

Mail or hand-deliver your praise to: RSVP Office, Senior Services, 1121 Alto St. Santa Fe, NM 87501.

Or email: kwslater-huff@santafenm.gov
If you have any questions, feel free to call the RSVP staff at 955-4760. Thank you, in advance, for recognizing the good works of others.



Viola Bloss, age 73, passed away on Saturday, October 30, 2004. Viola was born in Santa Fe on August 5, 1931. She was a graduate of Loretto Academy. On July 1, 1988, she retired from New Mexico State Government, having worked for State Purchasing;

Bureau of Taxation and Revenue; Education Research Committee; State Personnel; State Planning and Health and Social Services. Following her retirement she worked on the Governor's Committee on “Concerns for the Handicapped” and worked for the Legislature during those sessions.

She was preceded in death by her father, Jose E. Romero and her mother, Mary D. Lujan. She is survived by son Paul J. Bloss; daughter-in-law Karen Bloss; grandson Matthew P. Bloss; numerous cousins, aunts, uncles and other relatives as well as many devoted friends.

Senior Center Closures

The Santa Fe City and County Senior Centers will be closed on the following days in December:

Closed all day, Friday, **December 24**, in observance of Christmas

Closed all day, Friday, **December 31**, in observance of New Year's

Try Habitat for Humanity

Santa Fe Habitat for Humanity is looking for volunteers to work in their ReStore. The ReStore, located at 1143 Siler Park Lane, sells used construction materials and some appliances and furniture. Net sales from the ReStore go to build new affordable homes for Santa Fe residents. If you are interested in helping Habitat but don't want to work on the site, the ReStore is the place for you. The ReStore Director, Simone Ward, can be reached at 473-1114, Wed. through Sat. 9-5. For other Habitat volunteer opportunities, please call 986-5880 or check online at www.sfhfh.org.

Red Cross Coming To Pasatiempo

(By Senior Dorothea Dante)



Because of the concern of many older people about keeping America safe and the possibility of another terrorist attack, I contacted Diane M. Gonzales, the Executive Director of the American Red Cross, Tierra Del Sol Chapter in Santa Fe and asked her if I could talk to someone about these concerns. She arranged

for a meeting with Steven Bond, the Director of Emergency Services for the Red Cross in Santa Fe. He was most helpful and reassuring. Some of the questions I asked Steve were:

Q. What are the chances of there being a terrorist attack in the Santa Fe area or somewhere in New Mexico?

A. Personally speaking, I think the chances are relatively low. Terrorists like to make a significant statement and cause the greatest amount of casualties. They would not find that in a small mountain community like Santa Fe or the rural areas of New Mexico. The nuclear plants are secure and the chances to cause damage there are almost non-existent.

Q. If there were an attack, what would happen to us, the seniors, who would have to depend on others to help us?

A. It would depend on the kind of attack. The best thing to do is to remain in your home and turn on your battery radio for emergency instructions. The police, the fire department and the paramedics would be the first to respond. The Red Cross would be on hand with food, water, first aid and temporary shelters.

Q. What can we do to help ourselves and our neighbors?

A. Learn how to protect yourself and cope with disaster by planning ahead. Have an emergency supply kit with the essentials of food, water, medicine etc. for three days. You can obtain a checklist of essentials from the senior centers. A battery radio is very important. Stay home and listen for emergency instructions.

These were the most important questions but there are still more, therefore I invited Steven to come to Pasatiempo and give a presentation that would cover much more information and we could ask him as many questions as we want. He agreed to come in January. See the next issue of the *Senior Scene* for the exact date.

Open Hands Home Visitors Speakers' Series

January 22- Denys Cope, End of Life

February 26- Erin Forrest, Elder Abuse

March 26- Dave Zerst, Caregiver Boundaries

April 7- Father John Malecki, Ph.D.,
Communication+Alzheimer's

May 21- Beth Witrogen McLeod, Caregiver: The
Spiritual Journey

All talks take place at Open Hands, 2976 Rodeo
Park Drive East. For more information please call
428-2347.

Santa Fe Film Festival at the CCA Cinematheque

The Santa Fe Film Festival returns for its fifth season and runs December 1-5, offering more than 200 titles from Albuquerque to Argentina; from Truth or Consequences to Tibet. There will be galas galore and guest stars including actor Alan Arkin and Mexican filmmaker Alfonso Arou (*Like Water for Chocolate*). This year promises to deliver the most diverse and diverting festival slate ever. Get out of the cold and take the plunge into the dark! Join your fellow film buffs for five fast and furious, fun filled days and nights celebrating the art, the passion and the power of cinema.

Call 989-1495 for more information. The CCA Cinematheque is at 1050 Old Pecos Trail. For a schedule of events, go to www.ccasantafe.org

Winter Warmth Give 'N Take

Do you have an extra coat, jacket, scarf, hat, blanket, a pair of gloves or boots?

Or, could you use some extra warmth this winter? Either way, come to the lobby of the MEG Center at 1121 Alto Street.

Drop off your extras or pick up some for yourself or your family.

The boxes will be there throughout the months of December and January.

NEWS & VIEWS continued

Widowed Person's Group Upcoming Events

The AARP Widowed Person's Service (a support group and social events for widows and widowers of all ages) meets on the second Sunday of the month at Ponce de Leon Retirement Community.

They are planning the following events and presentations for their upcoming monthly luncheons:

- December- White Elephant and Bake Sale
- January- Volunteer from the Animal Shelter
- February- Doug Peterson on New Mexico Women
- March- Docent from the Indian Arts Museum
- April- College of Santa Fe...lunch
- May- Catherine from Santa Fe Greenhouse

To receive their newsletter, please call Jean Chambers at 983-7492.

Do you receive *The Senior Scene* in the mail?

We mail the newsletter to over 500 people each month. However, many people we mail to also go to the Senior Centers, the Chavez Community Center, the Santa Fe Public Libraries, Lovelace, La Familia Clinic, Ft. Marcy, the dialysis clinic, NM Sports & Fitness, retirement communities or one of the 25+ other locations where we deliver the newsletter. If you are one of those people, please consider saving us the postage and having your name removed from the mailing list.

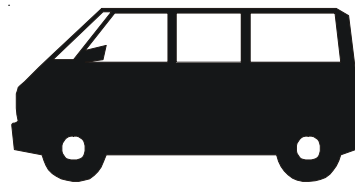
We realize that many of our readers are homebound or do not get out very much. If you do not go to any of our drop-off locations, we will be happy to continue mailing it to you. Or, if you would like to begin receiving it in the mail, please let us know and we will add you to the list.

To add or remove your name from the *Senior Scene* mailing list, please call Linda Quesada at 955-4733. Thank you.

Need Help with Heating Costs?



Call the N.M. Aging and Long-Term Services Department at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 4:30 p.m. *Monday through Friday

Call: Fran Rodriguez, Transportation
Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

* The first Tuesday of the month, rides are available 8:00 a.m. to 2:30 p.m.

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.

Third Tuesday of every month
9:30 a.m. - 1:30 p.m.

Next distribution December 21.
Call 505-242-6777 for more information.



ECHO Commodity Distribution Dates for 2005

January 18	July 19
February 15	August 16
March 15	September 20
April 19	October 18
May 17	November 15
June 21	December 20



A U.S. Postal Service/Starbucks Collaboration

(By Edgewood Senior Simon Arzigian)

Over the past several years the United States Postal Service (USPS) has run deficits and has raised postal rates as a result. Part of the reason for the deficits is the increased competition from commercial companies, such as Federal Express and United Parcel Service.

However the most competition seems to be from the public's use of computers to communicate with friends, companies, etc. Letter writing is becoming a lost art as more communication mediums become available. In addition, many people pay bills on-line. All of this competition reduces the USPS's volume of mail and the consequent reduced income.

It is almost certain that postal rates will continue to rise as competition for delivery services increases, with more and more services being provided by other than the USPS. The USPS thus, must do more than raise rates or reduce services if it is to remain a viable and affordable service.

One day as I visited the post office a thought occurred to me of a way the USPS could generate some income and at the same time provide a valuable non-postal service to the public. Let us put this idea out and see if it has any merit.

Every day thousands of citizens enter post offices to conduct business or just retrieve the mail from their postal boxes. Once their errands in the post office are concluded they leave and go on to their other activities.

Using the Edgewood post office as an example, I propose a coffee stand, by Starbucks or some other company, be installed in the lobby. The Edgewood post office has adequate room for such a stand. Many postal patrons, especially in the coming winter months, would welcome a hot cup of coffee and maybe a donut, as they sort through their mail and discard the unwanted pieces. Also, individuals are almost certain to meet acquaintances as they leisurely drink their coffee and go through their mail.

Thus, they have a short respite from the cares of the day, and possibly a little bit of visiting time with a friend. What the postal service receives from all this is some money from the lease of the lobby space. Admittedly, this will not solve the USPS's deficit problem but it will provide a nice service to its patrons and garner lots of goodwill to itself. The next time you go to pick up your mail on a cold wintry day wouldn't it be great to have a hot cup of coffee available? How about it?

New Mexico State Monuments - December Events

Coronado State Monument (Located in Bernalillo, take I-25 exit 242 north to Hwy 550, then go 1.7 miles to Kuaua Road. Call 1-800-495-1279)

Christmas at Coronado Visit with Santa Claus, December 3rd 5:30 - 8:30 p.m. Refreshments will be served. Free admission.

Fort Selden (Located in Radium Springs, take I-25 to exit 19, then go 13 miles north of Las Cruces. Call 1-800-495-1279)

December 11th 6th *Annual Ornament Workshop* 3:00 - 4:00 p.m. Children can participate in an 1870s tree ornament-making class to make wooden clothes pin soldiers and angels. Fee \$5. Class is limited. Call for reservations.

December 11th 6th *Annual Luminaria Tour* 5:00 - 9:00 p.m. Experience this under the stars New Mexico tradition. Candlelit tours along the trails and fort ruins offer a unique view of this historic site. Enjoy hot chocolate, cookies and caroling while strolling through the monument. Free Admission.

Fort Sumner (Located 3 miles east of Ft. Sumner, on Hwy 60/84. Call 1-800-495-1279)

December 24th *Christmas at the Bosque Redondo Memorial* 5:30 - 8:00 p.m. Celebrate the holidays with luminaries y canciones, traditional lights and tree. Free Admission.

Bienvenidos Food Pantry

Bienvenidos Outreach Inc., located at 1219 Luisa Street, just off Cordova, distributes food to income-eligible clients in emergency situations. Between 1:00 - 3:00 p.m. on the following days:

New Clients: On Tuesdays, one week for last names beginning with A-K; the next week, for last names beginning with L-Z.

Senior Citizens (age 65+): On Wednesdays, one week, for last names beginning with A-K; the next week, last names beginning with L-Z.

Clients with Disabilities: On Thursdays, one week, for last names beginning with A-K; the next week, for last names beginning with L-Z. For more information, call Bienvenidos at 986-2057.

NEWS & VIEWS continued

Yoga for Midlife and Beyond

By Pat Shapiro, M.S.W.

As we age and our responsibility for children, work and home lessens, life can take on a new richness. How well we appreciate and enjoy the second half of life depends on the quality of our health and well being.

Yoga offers many gifts as we get older. It can increase our strength, energy and flexibility. It improves balance. It can lead to better sleep patterns and sharpened mental clarity. Most importantly, yoga can help us age with grace and vitality. Yoga encourages self-reflection and teaches us awareness, acceptance and gratitude. Through yoga, we learn to live in the moment and cherish each day.

Yoga for 50+ couple's is offered because midlife is a time to enjoy new activities as a couple. Practicing yoga together can help you and your partner maintain good health so that you can continue to function at your best while strengthening your bond as a couple.

For more information, call Sage Ways Yoga at 466-6656.



Mayor's Holiday Food Drive

Please donate non-perishable food items to be given to needy families this holiday season. There are drop bins at the Mary Esther Gonzales Senior Center, all Santa Fe Public Libraries, City Hall, Sweeney Convention Center, Fort Marcy Complex, Chavez Community Center, Salvador Perez Pool, Santa Fe Police Dept, Municipal Court, Albertson's and Whole Foods.

Items must be donated by December 17th.

If you have any questions, please call Jackie Gonzales with the City of Santa Fe at 955-2130. Thank you very much.

The Paradoxical Commandments

(Submitted by Senior Cloty Roos)

People are illogical, unreasonable,
and self-centered.

Love them anyway.

If you do good, people will accuse
you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false
friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest
ideas can be shot down by the smallest men and
women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building
may be destroyed overnight.

Build anyway.

People really need help but may attack
you if you do help them.

Help people anyway.

Give the world the best you have
and you'll get kicked in the teeth.

Give the world the best you have anyway.

H
A
P
P
Y



H
O
L
I
D
A
Y
S

Activities Classes on Holiday Break

There will be no Senior Services Activity classes, starting Monday, December 20, through Friday, December 31, so that our instructors can have a holiday break.

Happy holidays!



Presents Needed for Local Seniors

People interested in buying Christmas gifts for needy elderly people should go to Wal-Mart on Cerrillos Road and pick out an ornament from the store's Christmas tree. The ornaments have a senior's name on them and a list of several items that senior would like for the holidays.

Wal-Mart teamed up with Home Instead Senior Care, the City of Santa Fe Senior Services, PACE and Open Hands to provide this opportunity to get gifts to seniors who might not otherwise receive presents.

If you know the name of a needy senior or would like to volunteer to help with this project, please call Mary Martinez at 471-2777.

Employment Opportunities

SER- Jobs for Progress and AARP Senior Employment Program have openings to hire several eligible seniors.

There are several positions each for Cook Aides, and for Meals on Wheels drivers from the M.E.G. Senior Center.

All positions are 20 hours a week. Applicants must meet income guidelines and be at least 60 years of age.

For more information, please call Ron Vialpando at Senior Services at 955-4710.

Seniors Benefit from Habitat for Humanity

(By Christine Baynes, Santa Fe Habitat for Humanity staff through AmeriCorps)

Elmer Leslie, age 66, is lead construction manager for a Habitat for Humanity (SFHfH) Faith Blitz project and recently shared his thoughts on Habitat:



"I have several reasons for volunteering for SFHfH since I have retired: The work being done is very worthwhile; I enjoy working with the others at SFHfH; it's a social event; I learn something new almost every day; the work is great physical and mental exercise.

"As an engineer, I enjoy building things, so the construction aspects of SFHfH are of great interest to me. As a businessman, I enjoy working with the building committee and the Board of Directors to help build strategies and tactics to continue to grow SFHfH. What I find most challenging is figuring out how to do things better at the construction site. Guy Stanke is always available for instruction, advice, and consultation, but he also gives the volunteers the space to figure things out for themselves. This is both challenging and fun.

"With respect to advice for new volunteers, I recognize that there is always a reluctance to start something new. This can involve a reluctance to make a commitment, and a worry that they do not have the skills to do the work, particularly at the construction site. I would point out that SFHfH is a "volunteer friendly" organization, as it must be.

There is patience in training and educating volunteers on the work to be done, and any errors or problems encountered are addressed in a non-threatening, non-finger pointing way. So, my advice is that if you are interested in doing worthwhile and personally rewarding work, overcome the start-up inertia, and give it a try."

So...volunteering is good for the mind, heart AND body! Volunteers can work on the site, in the office or in the ReStore, selling new and used, donated building materials. There's plenty of work everywhere for anyone!

50+ Info Network

Alliance for Area Agencies on Aging

In New Mexico, the Aging Network is a loosely defined group comprised of hundreds of professionals and interested senior citizens throughout the state who are involved in programs for and affecting the senior population. All advocates for making New Mexico as beneficial a place as possible for seniors are welcome to be a part of the Aging Network.

The Alliance for Area Agencies on Aging (A4AAA) is a relatively new organization of appointed representatives from the various segments of the Aging Network. Their vision statement says: "We recognize the vital role of the Aging Network in delivering effective and comprehensive services to older persons and persons with disabilities. These services are essential to leading healthy and productive lives." Their mission is: "To unite the Aging Network to be the vehicle for insuring continued stability of its overall commitment to access and excellence of services to meet the needs and enrich the lives of older persons and persons with disabilities." Through legislative advocacy and training and technical assistance, they are working to insure that the entire Aging Network has the opportunity to participate in decisions impacting the structure of a service delivery system geared toward seniors.

This is a time of great change in the structure of the Aging Network in our state. The New Mexico Aging and Long-Term Services Department, which used to be the State Agency on Aging, has been elevated by Governor Bill Richardson to a Cabinet level Department. It will incorporate several new programs such as Adult Protective Services and currently includes programs from Children, Youth and Family Programs (such as the Disabled and Elderly Waiver Programs and Personal Care Options). There are and will be many new key staff members. Also, as the state gears up for the next legislative session, the most pressing current funding needs for Aging Network programs are being prioritized.

The A4AAA has come up with a list of what they feel represents the most equitable and crucial financial priorities for the greatest number of aging service providers and senior citizens. First and

foremost, they feel it is imperative to maintain the current level of services for the Aging Network, especially because of the rising costs in fuel, utilities, food and health insurance. Another priority is to provide adequate salaries and benefits to retain and/or recruit qualified direct service personnel and provide adequate staff at the local level to address mandated consumer tracking requirements. Another goal is to obtain funding to support existing capital investments (unfunded projects). The A4AAA is also focusing efforts to insure enhancement and implementation of services to the frail elderly and/or caregivers.

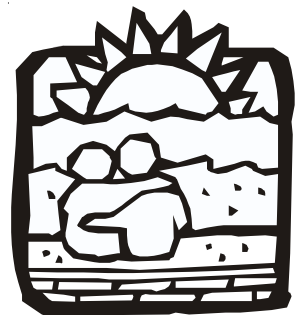
The A4AAA is working with the New Mexico Aging and Long-Term Services Department on behalf of New Mexico's senior and disabled population. If you would like more information on how you can become involved, please contact A4AAA Chair Jenny Martinez at (505) 827-7313 or jennyaaa@nm.net or Co-Chair Diana Rivera at (505) 758-4091 or drivera@taosnet.com

Special thanks...

to these generous business and individuals for their contributions of door prizes to the City of Santa Fe Division of Senior Services Caregiver Group Luncheon held November 12, 2004.

- Bed, Bath & Beyond
- Castro's Cookie Bouquet
- Cornerstone Books
- Del Norte Pharmacy and Home Medical
- Diego's
- Furr's Family Dining
- Hidden Chicken Café
- Louise Kippert
- La Choza
- Maria's
- Souper Salad
- Starbucks Coffee
- Bernadette Talavera
- Tinee Ann
- Tomasita's
- Virginia's Hair Gallery
- Walgreen's Home Initiative

Also, thank you Chris Lucero and Salome DeAguiro for orchestrating the collection of prizes.



LEGAL & CONSUMER INFORMATION

Social Security Warns Against Potential Scams

(From *New Mexico Senior Citizen News* July, 2004)

Unfortunately, there always seem to be crooks who are trying to put something over on us and take our money. While anyone can be a target for such "scam artists," seniors are often among the most vulnerable.

Social Security recently has had to issue a warning about several scams that have surfaced throughout the United States. Our agency has received many reports about telephone calls or visits from people who falsely claim to be Social Security employees. In each case, the person attempted to obtain personal information, such as a Social Security or bank account number, from the Social Security recipient.

The scam artists who identify themselves as Social Security employees have used a variety of approaches to get personal information. In one case, a caller said that Social Security was experiencing a power outage and needed to verify the person's information. In another, the caller posed as an employee who needed to verify the person's direct deposit information.

In third scam, Social Security recipients were told that their monthly benefit payments were being cut because they have inherited a house from a relative (an event which, by the way, would not result in a reduction of Social Security benefits). To help make the fraud seem authentic, the caller then placed the person on hold and played the same on-hold recordings used by Social Security. When the caller got back on the line, the recipients were then told that the proceeds from the sale of the house will be sent to them if they pay the back taxes.

Basically, we advise you to take precautions when giving out personal information. You should never provide your Social Security number or other personal information over the telephone unless you initiated the contact, or are confident of the person to whom you are speaking. If in doubt, do not release information without first verifying the validity of the call.

Social Security Commissioner Jo Anne Barnhart has said that she finds "it very troubling that our most

vulnerable citizens are being targeted by these unscrupulous people. I caution everyone to be extremely careful about releasing personal information."

If there is any doubt at all about someone who claims to be a Social Security representative, we recommend contacting your local Social Security office or calling the Social Security toll free number 1-800-772-1213 to verify the legitimacy of the call. (If you are deaf or hard of hearing, call the Social Security TTY number at 1-800-325-0778.)

In the meantime, our Office of Inspector General is working closely with other Social Security officials to investigate all reports of suspicious activity. To report any suspicious activity, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number 1-866-501-2101.) A Public Fraud reporting form is also available online at the OIG's website: www.socialsecurity.gov/oig/.

A Cause for Alarm

(From the *AARP Bulletin* May 2004)

When a salesman from Alarm Professional Services showed up at the door of an 80 year-old woman pitching a \$5,000 home security system, with a 90 percent rebate issued after a year, she was sold. The salesman's timing played right into her longing to feel safe. "I was very vulnerable. My husband was so sick. I needed something to make me feel secure."

She later learned that she and dozens of other residents had been duped. "I never saw any rebate," says Foote, who recently received part of her restitution stemming from a court case. "It was just a pipe dream."

Most of the complaints reported in other states have included:

- Offering a free system, free installation or free monthly monitoring services that bind consumers, unknowingly, to a long term contract;
- Using fear tactics to sell alarm systems; and
- Advertising one priced but peddling a more expensive system during an in-home visit.

(continued on next page)

LEGAL & CONSUMER INFORMATION

Many companies that sell home security systems are reputable, point out authorities. But they urge the consumers to compare the systems, monitoring fees and contract terms of at least three companies before they make a purchase. Don't just buy from the sales person who's going door to door. Before you sign any agreement, make sure the company is licensed in your state and check out references.

For more information, or for tips on buying a home security system, go to www.aarp.org/bulletin/consumer

Identity Theft - What's it all about?

(Excerpted from the Federal Trade Commission Oct 2003 brochure)

Identity theft is a serious crime. People whose identities have been stolen can spend months or years and their hard-earned money cleaning up the mess the thieves have made of their good name and credit record. Some victims have lost job opportunities, been refused loans for education, housing, or cars, or even been arrested for crimes they didn't commit. Skilled identity thieves use a variety of methods to gain access to your personal information. For example:

- They get information from businesses or other institutions by stealing records from their employer, bribing an employee who has access to these records, or hacking into organization's computers.
- They rummage through your trash, or the trash of businesses, or dumps in a practice known as "dumpster diving."
- They obtain credit reports by abusing their employer's authorized access to credit reports or by posing as a landlord, employer, or someone else who may have a legal right to the information.
- They steal credit and debit card numbers as your card is processed by using a special information storage device in a practice known as "skimming."
- They steal wallets and purses containing identification and credit and bankcards.
- They steal mail, including bank and credit card statements, pre-approved credit offers, new checks, or tax information.

- They complete a "change of address form" to divert your mail to another location.
- They steal personal information from your home.
- They scam information from you by posing as a legitimate business person or government official.

Once identity thieves have your personal information, they may:

- Go on a shopping spree using your credit and debit card account numbers to buy "big-ticket" items like computers that they can easily sell.
- Open a new credit card account, using your name, date of birth, and SSN. When they don't pay the bills, the delinquent account is reported on your credit report.
- Change the mailing address on your credit card account. The imposter then runs up charges on the account. Because the bills are being sent to the new address, it may take some time before you realize there's a problem.
- Take out auto loans in your name.
- Establish phone or wireless service in your name.
- Counterfeit checks or debit cards, and drain your bank account.
- Open a bank account in your name and write bad checks on that account.
- File for bankruptcy under your name to avoid paying debts they've incurred, or to avoid eviction.
- Give your name to the police during an arrest. If they are released and don't show up for their court date, an arrest warrant could be issued in your name.

If your personal information has been lost or stolen, you may want to check all of your reports more frequently for the first year. Federal law allows credit bureaus to charge you up to \$9 for a copy of your credit report. Some states may allow a free report or reduced rates. To order your credit reports contact:

Equifax - www.equifax.com
1-800-685-1111

Experian - www.experian.com
1-888-Experian (397-3742)

TransUnion - www.transunion.com
1-800-916-8800

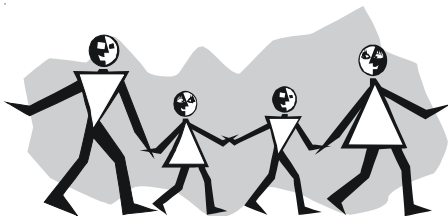
RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

The Recovery from Addictions Programs (RAP) is a non-profit organization established 30 years ago. They are committed to serving people suffering from substance abuse and co-occurring mental health or organic brain disorders through therapeutic detox services, intensive rehab services and the 90-day extended rehab services.

RAP has a residential detoxification center off Airport Road and they could use volunteers in the following manner: **Cook a hot meal for the residents; provide free computer maintenance for staff; drive a client to a doctor appointment; assist with basic maintenance.** They are also seeking volunteer medical technician assistance to **distribute medications.** The facility is wheelchair accessible and all volunteers are subject to a criminal background check.



When individuals, couples or families find themselves homeless due to a series of challenges or simply one catastrophic event, they know they can turn to **St. Elizabeth Shelter.** The shelter's paid staff is always stretched very thin and they need volunteers. You could **answer phones** one morning a week, **help with secretarial duties**, or even **cook the communal dinner** once in a while. What skills or interests do you have that can make life a little better for these folks?

Protect the consumers of New Mexico! The N.M. **Attorney General's Office** needs one dedicated volunteer to oversee their brochures, books, fact sheets and other resources. This person would spend a few hours a week in their office downtown.

They would **sort, organize, keep inventory on, and re-order** the consumer protection resources. The staff is very professional, supportive and grateful.

Kitchen Angels always needs more people to **cook or deliver hot meals** to homebound Santa Feans. A shift is just once a week for a couple of hours (if you cook) or about an hour (if you drive your car and deliver the meals). It is a lovely space with a great staff, for a wonderful cause, serving interesting and grateful recipients. What more could you ask in a volunteer job?

Sierra Vista Retirement Community is a small, very personal assisted-living facility specializing in Alzheimer's and dementia care in Santa Fe. They are looking for a few volunteers to pitch in so the staff can give more one-on-one care to residents. They need assistance with **answering the telephone, giving tours of the facility, and visiting with the residents.** They would be happy to work around your schedule, and they will show you all you need to know. This cheerful, caring environment is an enjoyable place to spend your time.



The staff at **St. Vincent Hospital** is always busy and often overwhelmed, and certainly grateful for the volunteer support they receive. The hospital auxiliary is made up of hundreds of volunteers. You can join them and assist with **admitting, coffee cart, the waiting rooms, the information desk, the gifts shop**, or any of a number of different tasks. Be a part of that huge force!

RSVP continued

Volunteer HOLIDAY Party

Wednesday, December 8, 2004
1:30 - 3:30 pm
Sweeney Convention Center

*Come and join us for finger food,
volunteer recognition, music by
Phil Trujillo, and our traditional
Norman Rockwell calendars.*

'Tis the season...

winter
spring
summer
fall...

Volunteering is always in season!



Give the gift that keeps on giving- become a volunteer!

You can give just a few hours a month, or full-time, doing virtually anything you enjoy doing. Give us a call in the RSVP office at 955-4760.



The Volunteer Programs wish a very happy birthday
to our RSVP, SCP and FGP volunteers born in the
month of

December

Juanita Rael	12/1	Connie S. Valencia	12/14
Mary Ann Sanchez	12/1	Judi Beare	12/16
Joseph S. Gonzales	12/2	Joyce Hollendonner	12/16
Juanita Jimenez	12/3	Sophia V. Jaramillo	12/16
Edna E. Montalvo	12/3	Flavia Pavia	12/16
Robert Boyer	12/4	Marjorie Obermaier	12/17
Maxine Fresquez	12/4	Elizabeth S. Hopkins	12/20
Herman Lucero	12/4	Bill J. Vaughn	12/20
John Robinson	12/4	Stella Garduno	12/21
Lucia Vigil	12/4	David E. Roberts	12/21
Rosalie Martinez	12/5	David Urioste	12/23
Robert Black	12/6	Alice Gonzales	12/24
Cecilia Sanchez	12/7	Julian Lopez	12/24
Connie N. Gomez	12/8	Elaina K. Gonzales	12/25
J.C. Morris	12/8	Marie T. Huckabee	12/25
Jerry Quintana	12/8	Therese M. Janowski	12/25
Jean W. Marrs	12/9	Rose Mae Garcia	12/26
Janet A. Thompson	12/9	Dick Smith	12/27
Violet McGaughey	12/10	Lillian M. Folks	12/28
Vivian Padilla	12/10	Emma Evangelos	12/29
Mary Jo Read	12/10	Ray Lucas	12/29
Mary Tapia	12/10	Kay Schwartz	12/29
Mary Margaret Rael	12/11	Delfina G. Bowles	12/30
Lorraine De Herrera	12/12	Carol Gajewski	12/30
Victor Schiro	12/13	Marie Grahn	12/31
Edward W. Smith	12/14	Grace L. Salazar	12/31

Have a Great Day!

ACTIVITIES

Thank you!

On behalf of the Center Programming Section Staff (Lupita, Christine and Rose), we express our gratitude and sincere appreciation to all the dedicated and talented arts & crafts instructors, center volunteers, center committee members and all the many activity participants for a great year. We wish you all safe and happy holidays. See you next year!

Holiday Arts & Crafts Fair

Edgewood Senior Center
114 Quail Trail in Edgewood
Saturday, December 11
9:00 a.m. to 3:00 p.m.



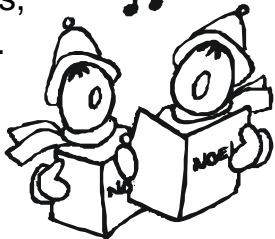
Do your last minute shopping with us...we have a nice selection of gift items made by the Edgewood senior ceramic classes. There will be refreshments for sale, sponsored by the Edgewood art classes. Enjoy the bake sale and door prizes. For more info... please call 281-2515 or 281-0872.

Holiday Performance

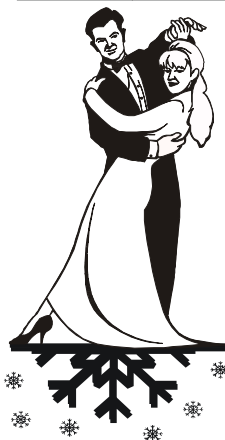
Mary Esther Gonzales
Senior Center
Monday, December 13
11:00 a.m.

Join us for a delightful holiday performance given by the 5, 6, and 7 year olds from Reach the Children. We will serve cookies, coffee, and hot cider.

Come together and share in the spirit of the season.



SEASON'S GREETINGS



Snowball Dance

Thursday,
December 16
1:00 – 4:00 p.m.

Fraternal Order of Eagles
833 Early Street
Music by Buena Suerte

As their holiday gift to you, Buena Suerte are providing this performance free of charge.

Free Admission (but please bring your senior ID card).

Refreshments sponsored by Heritage Home Health Care.



Make Holiday Ornaments

Learn to make a great variety of unique holiday ornaments, using household items.

Tuesdays at 1:30 in December at the M.E.G. Senior Center. Materials provided.
Instructor: Frances Armijo



ACTIVITIES

Senior Christmas Dinner Party

Given by the Fraternal Order of Eagles,
833 Early Street

Sunday, December 12

1:00 – 5:00 p.m.



In the spirit of caring and giving, the EAGLES/AERIE 2811 is hosting their 2004 Annual Christmas Dinner Party. Seniors, age 60 and over, are invited. Space is limited, so please call Senior Services at 955-4721 to reserve your space. If needed, seniors may bring an escort; however, no one under 21 will be allowed due to State regulations.

1st Annual Gingerbread Festival

Saturday,
December 11
11 a.m. to 3 p.m.
Santa Fe County
Exhibit Hall
3229 Rodeo Road



Sponsored by the Santa Fe Civitan Club and the Santa Fe County Extension Service.

Try your skill at making a decorated gingerbread house, or just come by and see the wonderful creations. If you are interested in registering as a participant, call Imelda Garcia at 471-4711, Dolores Montoya at 988-1201, or Helen Geer at 438-0576.

Admission for this event is \$3 for adults and children are free. Refreshments will be served and door prizes awarded.

WOW! Great applause goes out to CLAN TINKER for an incredible show!



**THANK
YOU,
OUTSIDE-IN!**

Activities Classes on Holiday Break

There will be no Senior Services Activity classes, starting Monday, December 20, through Friday, December 31, so that our instructors can have a holiday break. Happy holidays!

ACTIVITIES

Doo-Dad/What-Not Sale

Ventana de Vida is hosting a rummage sale of every-day, household "doo-dads".
1500 Pacheco Street
Saturday, December 4th
9:00 a.m. to noon

Items donated for sale will benefit the Ventana de Vida Senior Center.

For more information, call John Evans at 820-6250.

Art Classes

Oil Painting
Tuesdays 9:30-
11:30 beginning
December 7th



Rio en Medio Senior Center
Discover your talents; learn how to paint...
Have fun!

Instructor: Toni Martinez

For more information, please call Christine at 955- 4715



Senior Travel Committee Trip

Hawaii! A 15-day trip

Dates: September 19 to October 3, 2005

Cost: Prices to be announced

For more information, please call Corrine Sanchez at 986-1780 or Gloria Polaco at 955-4721.



DECEMBER BIRTHDAY CELEBRATION

The Mary Esther Gonzales Senior Center will host a party on Friday, December 17 at 12:00 p.m. in celebration of those with birthdays in December. Everyone is welcome!
Join in and enjoy the sing-a-long!

Senior Center Movie Days

MEG Senior Center

Projected on a huge, theater-style 14' x 16' screen
on Thursday,
December 16th
At 1:15 p.m.



"A Christmas Story" Starring Melinda Dillon as Mrs. Parker, Daren McGavin as Mr. Parker and Peter Billingsley as Ralphie Parker. Ralphie, a young boy growing up in the 1940's, dreams of owning a Red Rider BB gun. He sets out to convince the world this is the perfect gift. But along the way, he runs into opposition from his parents, his teacher, and even good 'ol Santa Claus himself.

Rated-PG Comedy/Family

Luisa Senior Center

No movie will be shown in December.

Halloween Costume Contest

Congratulations to everyone who participated in the Halloween costume contest! All the costumes were terrific and it was difficult to choose winners.



ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Songs of the Past (English) Spanish Class	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon. & Thurs. Tuesday	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 12:00 am 9:00am/ 1:00pm
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Monday Monday Tues./Fri. Mon./Wed. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 9:45 am 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Friday Daily	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am
Exercise Pool/Cards Bingo Ornaments Movie Day Ceramics Wood/Straw Quilting Sing-A-Long Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Mon./Wed. Tuesday 3rd Thursday Wed./Fri. Thursday Thursday Friday Friday	7:30 am 8:00 am 1:00 pm 1:30 pm 1:00 pm 9:30 am 9:30 am 1:00 pm 11:30 am 2:30 pm	Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Monday Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

CLAY

Villa Consuelo	9:00 am	Monday
M.E.G.	9:30 am	Tuesday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G.	2:30 pm	Friday

EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G.(Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	9:45 am	Mon./Wed.
Ventana de Vida (Open)	8:30am	Mon. thru Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
----------	---------	-----------

MOVIE DAY

Luisa	Cancelled in December
M.E.G.	1:00 pm Thur. Dec. 16

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

ORNAMENT CRAFTING

M.E.G.	1:30 pm	Tuesday
--------	---------	---------

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
----------	----------	----------------

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	12:00 am	Mon./Thurs.
M.E.G. (Spanish)	11:30 am	Friday

SPANISH CLASS

Pasatiempo	9:00 am	Tuesday
Pasatiempo	1:00 pm	Tuesday

TAI CHI

Pasatiempo	9:00 am	Thursday
------------	---------	----------

WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

YOGA

Pasatiempo	8:30 am	Tuesday
------------	---------	---------

SENIOR OLYMPICS corner

In this final Senior Olympics Corner issue of 2004 I have received several answers to the following two questions:

- A. What are you thankful for in your Senior Olympic experiences in 2004?
- B. What are you thankful for in your life this year in Santa Fe?

Listed below, in alphabetical order, are the replies of some members of the Senior Olympics Advisory Committee.

Ann Aceves

- A. I feel privileged and grateful to have been a participant in the Senior Olympics fifteen years and to have served on the Senior Olympics Advisory Committee since its inception ten years ago.
- B. How fortunate we are to live in this spectacular place with such beauty all around us. We have so many opportunities to enjoy the rich culture, contribute our time to local organizations of our choice and stay fit and healthy by caring for our bodies and minds.

Walter Backus

- A. One thing that stands out that I am grateful for is the Santa Fe Olympic Advisory Committee, of which I am Chairman. Committee members attend just about every meeting and their contributions are very rewarding and serviceable, not only to Senior Olympics, but also to the entire county of Santa Fe. I also name Ron Pacheco and Patricia Rodriguez in their guidance and help in Senior Olympics. I am grateful to all of these people and they make my job of Chairman much easier.
- B. I am thankful for the clean air; sunshine and beautiful weather here in Santa Fe. The people in Santa Fe have been very helpful and cooperative in many ways. Okay, there have been some people that don't always cooperate, but that happens in any place that you live. My wife had kidneys fail in April of 2003, and we are blessed with a first rate dialysis center in Santa Fe. I am thankful for that dialysis. I love Santa Fe!



Bill Greaves

A. A highlight for Santa Fe Senior Olympics in 2004 for which I am thankful is our hosting the very successful 3 on 3 national basketball tournament. Kudos to all people who contributed to this success. Practicing tennis at the Larragoite courts (fair weather and foul) also has been a great kick, with such characters like Ramon, Arturo, Orlando, Joe and Joyce providing much merriment. Goats, neighborhood dogs and a raucous rooster provide an off-key cheering section to spur us on to better serves and fewer double faults.

Personally I am thankful for the pleasure of writing the Senior Corner Column again. It is a challenge for me to write about the importance of athletics to our senior citizens. Encouragement from Kristin, Ron, Cristy, Gloria, Pat and all of my fellow Advisory Committee members has been appreciated as well. And finally, doing my best in the track and tennis competition has made me feel better than I probably looked.

- B. In this fast-fading year of 2004 I am thankful for my wonderful wife Ginny, (How does she put up with me, anyhow?), my six children, my eight grandkids and good friends. Also, for the turquoise skies, chilly, starry nights, laughter and surprises. New Mexico, you are a beautiful jewel planted in this great country of ours.



Laura Lujan

- A. In the year 2004 I am thankful for my good health and how it allows me to participate in Senior Olympics. I attributed my good health to participation in Senior Olympics.
- B. I am blessed and thankful for living in the Santa Fe area, because it is one of the most desirable places to live in the United States if not the world.



Johnny Romero

- A. I am thankful for all the friends I have made. I am thankful for the opportunity to exercise because of the many sports I participate in, such as horseshoes, bowling and bicycling. My goal after I retire was to be fit and to stay healthy. Participating in Senior Olympics has helped me with this goal.
- B. I like everything about Santa Fe... the climate, the beautiful mountains, the friendly people, our multiple cultures and the smallness of our town.

December is a busy month, a social month and a time to reminisce about the happy events and also the less than happy times, which we would rather forget. We really need to ponder both sides of the equation so we can avoid similar pitfalls, which may present themselves in the year 2005. Be positive about your blessings and philosophical about the bummers.

Here's an old saying which had guided me through several decades- and I hope these words will also help you: "An optimist is as often wrong as a pessimist is, but he is much happier." Happy holidays, mis amigos!

-Bill Greaves

Interstate Horseshoe Tournament Held at MEG Center



Fourteen horseshoe pitchers from New Mexico and Colorado had a great time flinging the irons at the MEG Center's pits in early October. Johnny Royal, the organizer and director of the tournament said the competition was at a high level and was enjoyed by all of the competitors. Two good horseshoe flingers from Colorado, Gasper Romero from Denver and Mark Bergon from Pagosa Springs performed quite well, and were pleased with their results. Several New Mexicans also did themselves proud. When the dust cleared at the end of the day these were the results:

Division A

- First - Leonard Platero, Gallup
- Second - Lloyd Ferran, Espanola
- Third - Gaspar Romero, Denver

Division B

- First - Mark Bergon, Pagosa Springs
- Second - Melvin Cole, Socorro
- Third - Johnny Roybal, Pojoaque

Division C

- First - Larry Ullibari, Pojoaque
- Second - Art Baca, Santa Fe
- Third - Edward Deul, Gallup

Johnny Roybal stated that the competitors were enthusiastic about future tournaments being held at other venues in the state. Congratulations are in order to Johnny for getting the horseshoe excitement rolling.



SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR DECEMBER 2004:

M.E.G. Center	Tuesdays	Dec. 7 & 14	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	Dec. 2, 9, & 16	9:30 to 12:00 & 1:30 to 3:00

Please note: There will be no IDs issued on December 21, 23, 28 or 30, due to the holiday season.
We apologize for any inconvenience.

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First and Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN)	December 7 & 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN)	December 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN)	December 9	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN)	December 21	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN)	December 16	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	December 2, 9, 16, 23, 30	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues. (Tests conducted by Jerry Davis, RN)	December 14	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. (Tests conducted by Frances Vigil, RN)	December 15	11:00 a.m. to 1:00 p.m.

State cuts Medical Tax, Hopes to Keep Doctors

(From *AARP Bulletin* May 2004)

Visits to the doctor or another health care professional are no longer going to be taxed in New Mexico. The state is dropping most medical services from its gross-receipts tax in an effort to keep doctors and nurses from leaving for states with more favorable tax policies.



In signing the legislation, which also repeals a tax on food sold in grocery stores, Governor Bill Richardson said the tax cut will also help hundreds of thousands of working-class New Mexicans. Currently New Mexico ranks last in the country in retaining doctors and nurses, many of whom have set off for other states seeking better pay. The state tax is 5 percent, and municipalities and counties are permitted to add up to another 2.25 percent. The average total tax statewide is 6 percent, according to the Department of Revenue.

In addition to doctor's services, the tax is imposed on the services of licensed health care practitioners, including psychologists, dentists, physical therapists, midwives, nurses, speech pathologists and acupuncturists. Physicians and other providers routinely add the tax to the bills of direct pay customers, but insurance companies and HMOs force providers to pay the tax out of their own pocket.

Governor Richardson says profits of New Mexico doctors are lower than profits of doctors in other states. AARP New Mexico supported repealing the tax, which will be eliminated January 1st.

"As a poor state, this will definitely help the pocketbooks of many low-income residents, including the senior citizens," AARP New Mexico state director Stan Cooper says.

Tips for the Cold & Flu Season-Natural Prevention

(From Aging and Long Term Services Department's *Caring for our Seniors*)



Eat a well-balanced diet:

- Vitamin C... Some good sources of vitamin C are citrus fruits, bananas, berries, greens, peppers, tomatoes and potatoes.
- Foods that include whole grains, like beans, nuts and nut butters, pumpkin and sunflower seeds can provide a healthy source of zinc. Lozenges made of zinc are very popular weapons to prevent viruses and they have also been shown to reduce the lifespan of colds and flu.
- Some other remedies include raw garlic, which boosts immunity and has been shown to kill several types of bacteria and viruses, and Echinacea, which helps to jump start the immune system, says experts.
- Don't forget to take your vitamins.
- Most importantly, decreasing the stress in one's life can tremendously decrease one's chance of catching the flu virus. Working too hard and not getting enough sleep exhaust the body and leave it much more vulnerable to infection.

Something to Sink Your Teeth Into

(From *AARP Health Care Options* 2004)

Chances are you've heard the saying, "Eat to live, and don't live to eat." Since this advice doesn't mention what to eat or when let's explore these two areas, starting with a surprising piece of good news.

Recent studies indicate that the older you are, the less cholesterol plays a role in your health. This is not to say that you should wolf down a well-marbled steak every evening or have your cappuccino with heavy cream instead of milk, but you can relax and "let yourself go" once in a while without having a guilt trip.

A few tips: Include a generous amount of fruit, peas, beans and lentils, complex carbohydrates, which contain soluble fiber that helps reduce blood fat and sugar levels and may help prevent heart disease. The body needs more protein as it gets older. Aim for a protein intake of about 12% of your overall diet. Less than that may hamper your body's ability to fight diseases and heal itself, and may cut overall muscle strength as well. Eating and drinking are so "natural" that sometimes we don't pay enough attention to what's in our glass or on our fork. But if we get into the habit of doing so, and especially if we make a point of drinking more water, the dividends can be enormous. Literal youth? Maybe not. But youthful vigor? Absolutely!

SENIOR FITNESS *Older Women and Weights*

By Jim Evans, a nationally recognized consultant on fitness for seniors and chairman of the RSVP Advisory Council in San Diego, California.

DEAR JIM: At 75, I recently joined a weight training class at the fitness center in my local community center. However, I have seen some of the weights that we will be using, and I'm getting cold feet and thinking about asking for my money back. Even the little 2 and 3 pound dumbbells seem heavy, and some of the machines seem really scary. Am I being overly concerned?

DEAR COLD FEET: Congratulations on getting involved in a weight training program! And, yes, you are probably being overly concerned, so please don't back out.

Many studies have shown that it is never too late to benefit from a weight training program. Seniors much older than you have experienced a significant increase in their overall strength and vitality from weight training. It can also improve your circulation and muscle tone. And, according to U.S. Surgeon General Richard H. Carmona (*The 2004 Surgeon General's Report on Bone Health and Osteoporosis: What It Means to You*, U.S. Department of Health & Human Services, October 14, 2004), "The good news is that you are never too old...to improve your bone health. With healthy nutrition, physical activity every day, and regular medical checkups and screenings, Americans of all ages can have strong bones and live longer."

Unfortunately, many women your age have the wrong perception about weights. You have already suggested that 2 and 3-pound dumbbells seem "heavy" and indeed many women your age or even younger might say the same thing. But, think about this - if I placed a newborn baby in your arms, which would probably weigh an average of 6-8 pounds, you could probably carry that little baby around all day long without any problem whatsoever. In fact, many women can remember carrying around a child on each arm and probably dragging one or two behind her at the same time at some stage in her

life. Even everyday housework utilizes objects such as pots and pans, mixing bowls, vacuum cleaners, groceries, and laundry baskets which often weigh much more than the typical dumbbells used in weight training programs. So, you see, weight is really a matter of perception. Just because it is in the shape of a dumbbell doesn't mean that it is any heavier than other items to which you are already accustomed.

I frequently see older women in the gym working out with weights far below their potential – in other words, the weights are SO light that these women are simply going through the motions and never realizing the true benefits of weight training. After a reasonable period of conditioning, it is important to challenge your muscles by lifting more than 60% of your maximum and steadily increasing weights as the muscles become stronger and more physically fit. Yes, you might occasionally experience some temporary muscle soreness as part of the natural process of conditioning, but it will soon go away, and you will begin to feel invigorated by your new sense of strength and confidence.

I'm sure that your class instructor will monitor your participation to see that you are not using more weight than you can safely handle, so please reconsider your decision to back out and join in the class with an open mind and a positive attitude.

The Right Specs

(From *New Mexico Journey* March/April 2004)

Sun damage to the eyes might result in a loss of central vision known as macular degeneration, says Dr. John A. Irvine, Professor of Clinical Ophthalmology at the University of Southern California's Keck School of Medicine and the Doheny Eye Institute. The damage can be cumulative, starting in children who don't use eye protection and continuing in adults whose eyes aren't fully protected from glare and sunlight seeping in from the sides of lenses, says Irvine.

Wear wrap-around sunglasses with at least 98% protection from ultraviolet rays, and pair them with a wide-brim hat. And make sure your children and grandchildren have the right specs, too.

HEALTH continued

Rx-America Group, Inc. a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

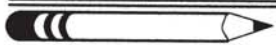
Prescriptions

Dosage (in ml. or mg.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PUZZLES

61 *CROSSWORD*



ACROSS

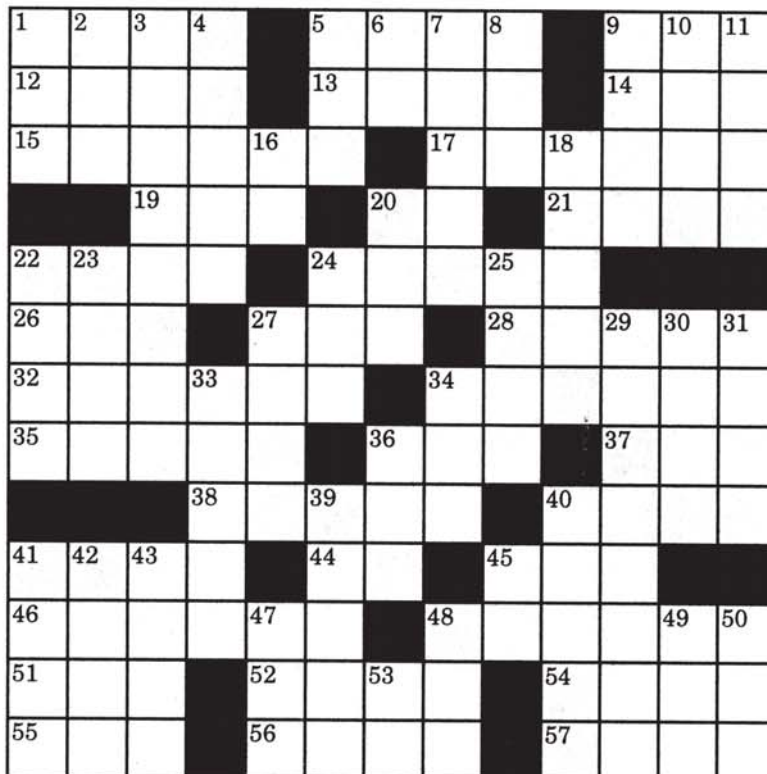
1. Brief snoozes
5. Mail (a letter)
9. Bottle top
12. Unlock
13. Region
14. In the style of:
2 wds.
15. Keep
17. Goes monotonously on
19. Brooch, for one
20. Ma's mate
21. Nuisance
22. Boot part
24. From then until now
26. Lyric poem
27. Obtained
28. Use a soapbox?
32. Donors
34. Sounded out loudly and harshly
35. Office worker, for short
36. Boy
37. Clothing label
38. Rough-surfaced wool fabric
40. Telegram
41. An indefinite amount
44. "Behold!"
45. Owns

46. Use plastic money
48. Separated by kind
51. Ventilate
52. Dull pain
54. Plunge head-first (into)
55. Decay
56. Hearty dish
57. Glance at quickly

6. Word of choice
7. Style of car
8. Roofing stuff
9. Sugar source
10. Pub beverages
11. Days gone by
16. At home
18. Pavarotti's field
20. Peach seed
22. Large pigs
23. Revise (copy)
24. Distress signal
25. Frigid
27. Become larger
29. Like sculptures and paintings
30. Rip apart
31. Border
33. Come into
34. Wicked
36. Summer zodiac sign
39. Vote into office
40. Hospital sections
41. Healed-wound mark
42. The Buckeye State
43. Trading center
45. "Westward —!"
47. Auto fuel
48. Stitch
49. Actress Gabor
50. Cozy room
53. That man

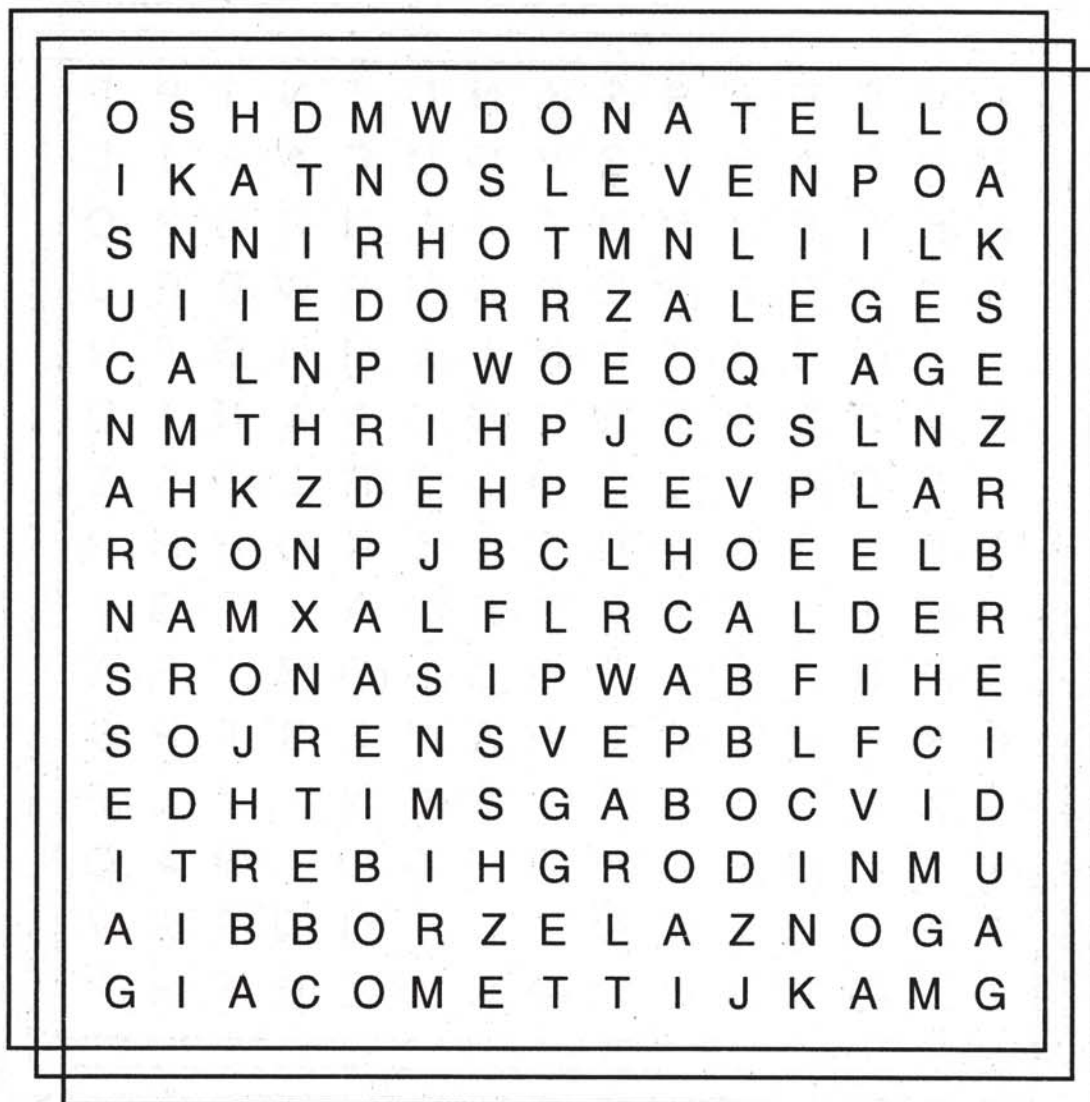
DOWN

1. Neither's partner
2. Large monkey
3. Personal gripe: 2 wds.
4. Slow-moving animal
5. Cooking pot



PUZZLES continued

SCULPTORS



W-0171

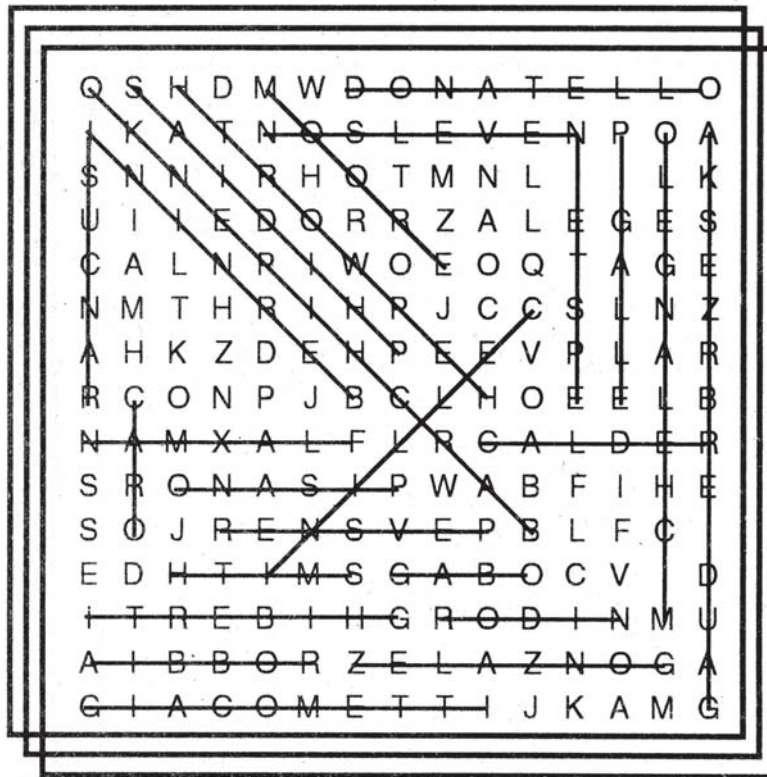
BARCHIPENKO
BERNINI
CALDER
CARO
CELLINI
DONATELLO
EPSTEIN
FLAXMAN
GABO

GAUDIERBRZESKA
GHIBERTI
GIACOMETTI
GONZALEZ
HEPWORTH
MICHELANGELO
MOORE
NEVELSON

PEVSNER
PHIDIAS
PIGALLE
PISANO
RANCUSI
ROBBIA
RODIN
SMITH

PUZZLE answers

SCULPTORS



CROSSWORD 61

N	A	P	S		P	O	S	T		C	A	P
O	P	E	N		A	R	E	A		A	L	A
R	E	T	A	I	N		D	R	O	N	E	S
	P	I	N		P	A		P	E	S	T	
H	E	E	L		S	I	N	C	E			
O	D	E		G	O	T		O	R	A	T	E
G	I	V	E	R	S		B	L	A	R	E	D
S	T	E	N	O		L	A	D		T	A	G
			T	W	E	E	D		W	I	R	E
S	O	M	E		L	O		H	A	S		
C	H	A	R	G	E		S	O	R	T	E	D
A	I	R		A	C	H	E		D	I	V	E
R	O	T		S	T	E	W		S	C	A	N

SENIOR CENTER LUNCH MENU

DECEMBER 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		MACARONI AND CHEESE WITH DICED HAM 5 WAY VEGGIES COLE SLAW PEACHES ROLL MILK	SWEDISH MEATBALLS CREAM SAUCE EGG NOODLES CALIF. VEGGIES PLUMS ROLL MILK	SWEET & SOUR PORK STEAMED RICE PEAS & CARROTS APPLE SAUCE ROLL MILK
6	7	8	9	10
ITALIAN PASTA SALAD WITH PEPPERONI TOMATO WEDGES CARROTS FRUIT JUICE ROLL MILK	POSOLE W/ PORK RED CHILE SPANISH RICE COLE SLAW NATILLAS TORTILLA MILK	CHICKEN BREAST MARINARA SAUCE BUTTER NOODLES MIXED VEGGIES APRICOTS ROLL MILK	ROAST BEEF 1/2 BAKED POTATO CHEESY BROCCOLI MIXED FRUIT ROLL MILK	TUNA CASSEROLE WITH NOODLES PEAS TOSSED SALAD WHIPPED JELLO ROLL MILK
13	14	15	16	17
CHICKEN FINGERS CREAM GRAVY MASHED POTATOES ASPARAGUS APPLE BISCUIT MILK	BBQ RIB PATTY STEAMED RICE BRUSSELS SPROUTS ORANGE ROLL MILK	CHRISTMAS DINNER	FISH STICKS FRENCH FRIES PEAS ICE CREAM ROLL MILK	TAMALE WITH RED CHILE SAUCE REFRIED BEANS COLE SLAW SWEET RICE TORTILLA MILK
20	21	22	23	24
CABBAGE ROLL MIXED VEGGIES PARSLEY POTATOES SHERBET ROLL MILK	GREEN CHILE STEW CORN SPANISH SLAW PINEAPPLE BITS CRACKERS MILK	LASAGNA WITH MEAT SAUCE GREEN BEANS TOSSED SALAD PEACHES ROLL MILK	SOFT CHICKEN TACO SPANISH RICE GARNISH DANISH TORTILLA MILK	ALL CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS
27	28	29	30	31
CHICKEN SANDWICH FRENCH FRIES VEGETABLE SOUP COOKIES MILK	CARNE ADOVADA COLE SLAW PINTO BEANS STRAWBERRY ICE CREAM TORTILLA MILK	BEEF PATTY BROWN GRAVY CHEESY BROCCOLI NEW POTATOES PLUMS ROLL MILK	HOT DOG WITH CHEESE & ONIONS CHILE BEANS TOSSED SALAD SLICED PEARS BUN MILK	ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.